



Happy
birthday

March 2024

Willow Leaf



Residents

Ruth Wilson—March 9th

Bev Fahey—March 16th

Joyce Marchbank—March 30th

Care Partners

March 8—Tammy Fraser

March 11—Angela Benjamin

March 18—Patsy Waugh

March 26—Trish Ross

March 27—Trish Manning



Welcome New Resident

Ruth Wilson



In Memory

Marjorie MacDonald

April 3, 1928 -

February 9, 2024



From the Desk of Janine...

As we say goodbye to one of the shortest months in our calendar year, we can all acknowledge how much we enjoyed having our families join their loved ones to celebrate Valentine's Day. I had the opportunity to meet many of you, and I know, love was certainly in the air; filled with so much excitement and contentment. Thank you to all who made this evening a success!

On March 8 @ 11am, we will be having our bi-annual family council meeting. This is an opportunity for family members to meet with the leadership team to discuss issues relating to the care and well-being of residents and the safety and security of their home. If you are unable to attend, and have questions, please do not hesitate to reach out.

March is named for the Roman God of war, Mars. However, we can look forward to the beginning of spring, the Full Worm Moon and the return of Daylight Saving Time. A special feature of this time of year is hopefully, with the help of the sun, returning to our patios and gardens.

Happy March!

Janine



Reminder: It is of the utmost importance that residents of Willow Lodge file their **Income Tax of 2023 by April 30th**. Tax receipts for the accommodation charge have been sent out. Thank you in advance!
PJW, Finance Officer

Operations Corner

The weather is starting to turn a bit, some of the snow we received in February is now melting away. Hopefully spring will arrive sooner than later and we can all spend some time in the great outdoors.

Who could forget the big snowstorm we had the first weekend of February? Kudos to Kendall Weatherbie, our snow removal contractor for keeping the driveways and parking areas cleaned out. He had two machines going at the height of the storm in order to keep ahead of the snowfall. Thanks as well to Wendy Marshall who put in countless hours shovelling snow, doing her best to keep the doorways and walkways clear of snow.

We finally had the dishwasher in the main kitchen installed, as well as the new sanitizer unit in Balmoral. The dishwasher in Lynwood also has been replaced. There was an issue with it that Daniel attempted to repair. It turned out that there was more wrong than we thought so the decision was made to replace it.

There has been an on-going issue with the domestic hot water throughout the building. It took a while and some trial and error to figure out what the problem was, a seized mixing valve, but it has been repaired and hopefully will continue to work properly. There have also been some heating-related issues in Lynwood that were going on at the same time as the hot water issue that made both problems harder to solve. Thanks to Terry Cooke from Carmichael Engineering for all of his head-scratching in order to figure out these problems and rectify them.

Willow Lodge hosted a Food Handler's course on February 17. Thanks to Jonathan Cumming who came from Sheet Harbour to teach the course, and to all who were able to attend.

Kent MacDonald

Director of Operations.



Green Day Dinner Menu

March 15, 2024

Whiskey Glazed Salmon
Mashed Potatoes
Swedes (Turnip)
Green Beans
Irish Apple Cake

Willow Lodge St. Patrick Day Menu

March 17, 2024

Dinner

Corn Beef and Cabbage
Potatoes
Carrots
Grasshopper Pie

Supper

Irish Vegetable Soup
Biscuits
Shortbread Cookie

Willow Lodge Easter Sunday

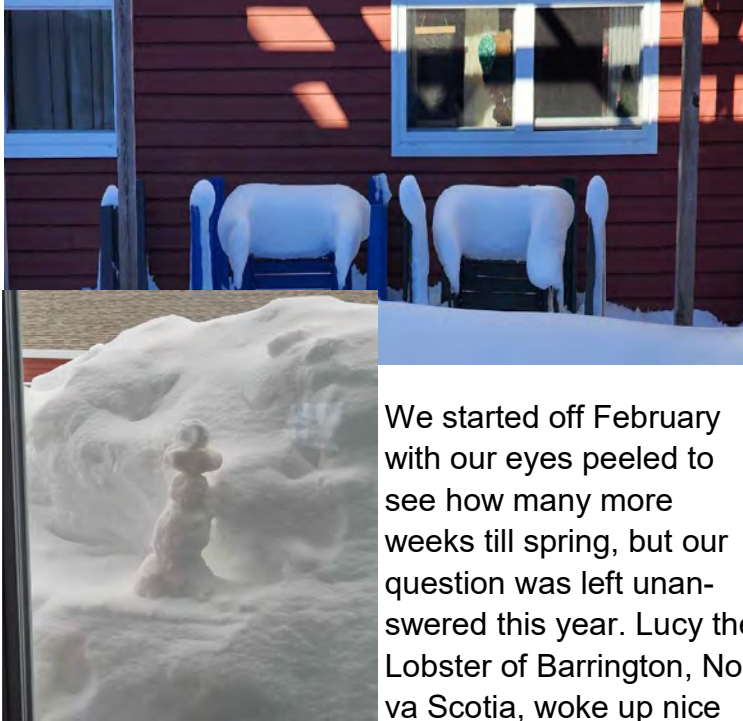
Dinner– March 31, 2024

Roast Turkey with Gravy
Mashed Potatoes
Dressing
Carrots and Peas
Caramel Egg Cheesecake

2 guests per resident, \$15 per meal Please RSVP by March 22nd

Willow Lodge News

We have not let the snowy weather of the month slow us down, and made the most of the snow. From finding snow pigs roasting in the court yard to making snowmen and writing messages in snow for all to see inside, we have had a bundle of laughs.



We started off February with our eyes peeled to see how many more weeks till spring, but our question was left unanswered this year. Lucy the Lobster of Barrington, Nova Scotia, woke up nice

and early to see her shadow, predicting six more weeks of winter. Shubenacadie Sam left us hanging a little longer and decided to sleep in, and when she finally rolled out of her she disagreed with Lucy by predicting an early spring with no shadow in sight. With this disagreement, we will just have to wait to see if March will be coming in as a lion or lamb.

Valentine's Day was extra sweet this year as we were able to once again invite family and friends to join us for our Valentine's supper for the first time since 2019. It was a wonderful evening filled with smiles and laughter as everyone enjoyed the delicious meal cooked up by the wonderful staff in the kitchen. I would like to extend a thank you to everyone who pitched in to make our Valentine's supper a success.

This February we also gathered together to make some tasty recipes recommended to us by agency CCA's Mary and Gee. Putting our baking skills to the test we made sweet potato biscuits and puff puffs. Both were a hit and are recommended must tries from our baking group.

It would not be winter without maple syrup. Making a twist on the usual maple syrup on snow this maple fest at Willow Lodge, we decided to have maple butter on ice cream! For those who did not want the ice cream but still wanted to get their maple fix we had pieces of maple cream just waiting to be eaten. It was a sweet and sticky time.

We have a busy month ahead of us. The Winter Carnival is back! From March 11-15 we will be celebrating with a different theme each day, and welcome everyone, (care partners, residents, family, and friends), to join in on dressing up for the days theme and taking part in our silly shenanigans each day. The themes for each day are as follows:

Monday March 11 is PJ DAY

Dig out those pj's, house coats, or slippers and join us for a lazy day.

Tuesday March 12 is Crazy Hair/ Silly Socks Day

Just roll out of bed and let the wacky hair style stick around for the day while you wear mismatched socks.

Wednesday March 13 is Sports Day

Wear your favorite team with pride, hats, shirts, jerseys, or the printed out logo stuck to your shirt. Or if you are feeling a little more adventurous, dress like you would for your preferred sport.

*Warning snowshoes, skis, snowboards, and flip-pers are designed for outdoor use and not recommended for the indoors.

Thursday March 14 is Tropical Day

Join us as we chase away those winter blues by dressing for a warm tropical beach miles away. We look forward to seeing those shorts, Hawaiian shirts, sun hats, and all things warm weather.

Friday March 15 is Wear Green Day

Join us as we get into the St. Patrick's Day spirit a little early this year by wearing as much green as you can a few days early! Any of those that do not wear green will be subject to reading a limerick or two for all to enjoy.

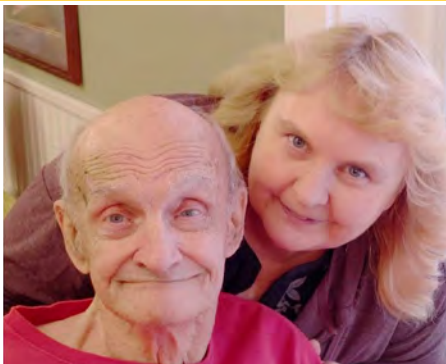


Willow Lodge News

For those of you looking forward to April Fool's day, there is a day just for you this month. March 22 is Goof Off Day! Act silly, laugh, giggle and all sorts that Friday and scheme up some fun pranks for April Fool's Day.

Easter is coming early this year, and to celebrate we will be having our easter egg hunt with the Preprimary class that come to visit each Wednesday. So keep your eyes peeled for colourful eggs at the end of the month and join in on the hunt.

There will be a Family Council Meeting on Friday, March 8th at 11:00am. All families are welcome to attend.



Nurses Nook

Daylight savings begins on March 10/24, which should help to improve our emotional well-being! Hopefully there will be lots of sunshine this month.

We were fortunate to be able to stop wearing masks in late February. The Residents and Care Partners all welcomed this, it's so great to see faces again! We will continue to do point of care testing to ensure we are not introducing any illness to our home. Masks will still be available for those who wish to wear them.

Influenza and RSV seem to be declining in numbers, for now, but is still present, as is COVID in the local area. We ask that you all continue to support our efforts to keep our Residents and Care partners safe. Wearing your mask, hand washing and staying home when you are sick are still the best preventative measures. (I know I sound repetitive!)

Be well! Start walking those dogs!

Jill Peterson, RN/ Director of Care.

OVEN-ROASTED CAULIFLOWER SOUP

Hearty and nutritious, this soup can be made with fresh or frozen cauliflower.

Serve it with a whole grain roll for a balanced meal.

Preparation time: 15 minutes • Baking time: 25-35 minutes • Cooking time: 15 minutes • 6 servings

INGREDIENTS PREPARATION

8 cups (2 L) fresh or frozen cauliflower florets (about 1 head if using fresh cauliflower)
1 carrot, peeled and coarsely chopped
1-2 tbsp (15-30 mL) butter, melted
1 onion, chopped
2 cloves garlic, minced
1 tsp (5 mL) dried thyme leaves
1 bay leaf
2 1/2 cups (625 mL) no-salt-added vegetable broth
1 can (19 oz/540 mL) unsalted white beans, drained and rinsed
1 tbsp (15 mL) grainy Dijon mustard
2 1/2 cups (625 mL) milk
Freshly ground pepper Salt (optional)
1/2 cup (125 mL) Cheddar cheese, shredded 1
1/4 cup (60 mL) fresh dill, coarsely chopped
Lemon zest (optional)



PREPARATION

Preheat oven to 425 °F (220 °C). Place cauliflower and carrots on a parchment lined baking sheet. Drizzle butter over vegetables and toss to coat. Roast 25 to 35 minutes, turning halfway through, until vegetables are tender. Remove about 1/2 cup (125 mL) cauliflower florets and reserve to garnish soup.

Meanwhile, place onion, garlic, thyme, and bay leaf in a large saucepan. Add broth and simmer gently for 5 minutes or until onion is tender. Add roasted cauliflower, carrot, white beans, and mustard. Simmer gently for 8 minutes or until vegetables are very tender. Remove from heat. Discard bay leaf. Season with pepper and salt if needed. Stir in milk.

Cool soup slightly. Purée in batches until smooth. Serve in bowls. Garnish with roasted cauliflower florets, cheese, dill, and lemon zest (if desired). Serve with a whole-grain roll.

This soup is no ordinary soup! When paired with a whole grain roll, you have a complete meal on the table. The vegetables and white beans add precious fiber and the milk and cheese provide complete protein. These nutrients are essential to keep your hunger at bay until your next meal.



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Eden Corner

This past month one of the residents of Willow Lodge took it upon themselves to write a letter to the Preprimary class at Tatamagouche Regional Academy that come to visit each Wednesday, to let them know how much their visits mean to everyone. Included below is a copy of that letter that made the day of all the students and staff that come each week and resulted in a spontaneous visit from part of the class to come and say thank you and let the residents know how much they like coming each week with a promise to see them again soon for the next shared adventure.

To the Students & Members of the
Tatamagouche Preprimary.

Dear Students & Staff on Feb 21. Started out
to be just an ordinary day for us who
live here at the lodge and all of
a sudden we heard joyful laughter and
in came all of you who made this day a very
special day. One we will remember
for a long time. You have made
memories for us that we will not
forget for a very long time. The laughter
we shared, holding hands walking
together through the corridors and the
"pictures" which I will treasure Laurie
and the Valentine John. Thank all of you
for thinking of us and sharing your time.
We look forward to your next visit
with us.

"Thank you again" The Residents
Tatamagouche
of Willow Lodge

"To the students and members of Tatamagouche Preprimary,

Dear Students and Staff, on Feb 21 started out to be just an ordinary day for us who live here at the Lodge and all of a sudden we heard joyful laughter and in came all of you who made the day a very special day. One we will remember for a long time. You have made memories for us that we will not forget for a very long time. The laughter we shared, holding hands walking together through the corridors and the "pictures" which I will treasure Laurie and the Valentine, John. Thank all of you for thinking of us and sharing your time. We look forward to your next visit with us.

"Thank you again" The Residents Tatamagouche of Willow Lodge"